

Fitness Event: Practice with Love Yoga

Event Date:

Sat, Oct 22, 2016

Heather Markowitz, Founder, WithLoveDC

WithLoveDC is a movement to spread love, joy, and acceptance throughout the District. The Practice With Love classes aim to create an accessible space for all people to tune into their breath while enjoying the amazing spaces around our beautiful city. WithLoveDC is thrilled to bring their free yoga gatherings to the U.S. Botanic Garden; come flow with us! Please note: There is no program on October 1. This program is first-come, first served with limited space available. Visitors are encouraged to bring their own mats. Program is canceled if it rains.

DATE: Saturday, October 22

TIME: 10:30 a.m. to 11:30 a.m.

LOCATION: National Garden Lawn Terrace

FREE: No pre-registration required



Source URL: <https://www.usbg.gov/events/2016/08/05/fitness-event-practice-love-yoga-4>